

RATS RATS RATS RATS

Experts play blame game on province's rodent population boom **metroNEWS**

Halifax metro

ROSEMARY WESTWOOD
Stanford aligns itself with rapists
metroVIEWS



Your essential daily news | WEDNESDAY, AUGUST 24, 2016

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'WE'RE BACK'

Sidney Crosby and Nathan MacKinnon return to Tim Hortons — in uniform

metroNEWS

INSTAGRAM/NATHAN MACKINNON

Police cells called 'gross', 'terrible'

CONDITIONS

Halifax man speaks out after prisoner found unconscious



Zane Woodford
Metro | Halifax

After a prisoner found unconscious in police cells was reported to be in "grave" condition Tuesday, a Halifax man is speaking out about practices in the lock-up at Halifax Regional Police headquarters.

"The Halifax cells are gross. They're terrible," said the man who said he's been in Halifax cells three times, and agreed to speak to Metro on the condition of anonymity as he has a case moving through the justice system.

According to Halifax Regional Police policy, officers are supposed to check on prisoners in cells every 15 minutes.

"They don't come and check on you enough," the man said. "They

might come every hour, maybe two," he added.

Earlier this year, the province's Serious Incident Response Team found in 2013, that policy wasn't followed in the case of a man who died after being found unresponsive in a cell.

On Monday night, another man was found unresponsive in a Halifax police cell.

A release from SiRT, which is investigating the incident, said the 47-year-old Dartmouth man was found unconscious in a cell.

"It appeared his condition resulted from self-inflicted actions," the release said.

Halifax police said they arrested the man for public intoxication in Dartmouth at 9:38 p.m., and he was brought to cells at 10:15 p.m.

Police said staff members were conducting one of their 15-minute routine cells checks at 10:42 p.m. when they found the man unresponsive, immediately performed first aid, and then called paramedics, who took the man to hospital.

"It is believed that his condition is life-threatening," the police

release said.

SiRT's release said the man's "condition remains grave."

Halifax police wouldn't comment on the specifics of this case, but said the checks are supervised and documented in their records.

"We have our checks in place that we are doing," said police spokesperson Const. Dianne Woodworth.

Jamie Livingston, a criminologist at Saint Mary's University, said that if someone is deemed to be a risk of harming themselves, checks may not always be enough.

"If someone is judged to be at a high risk of suicidality, you usually would expect to see constant observation, rather than incremental checks," he said.

No matter how many policies and procedures are in place, though, he said "it will never reduce the risk completely" of having someone hurt themselves in a cell.

While Livingston said police departments in general have a lot of work to do in keeping their prisoners safe from self-harm, Halifax police have taken "a real lead in Canada" on mental health.

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Crash 'gut-wrenching' reminder

ROAD SAFETY

Coalition says protected bike lanes best way to help cyclists



Haley Ryan
Metro | Halifax

A collision that seriously injured a Halifax cyclist on Monday is a "gut-wrenching" reminder more needs to be done to protect bikers, one advocate says.

Kelsey Lane, executive director with the Halifax Cycling Coalition (HCC), said Tuesday it's always terrible to hear about these collisions because there's only one loser, "the cyclist."

"It's just a gut-wrenching reminder that there's still a lot that needs to be done in terms of increasing road safety," Lane said.

Police are still looking for the driver involved in the hit-and-run that happened Monday morning around 6:45 a.m. on St. Margaret's Bay Road, where a 44-year-old man was hit by a black flat-deck truck while riding his bicycle.

The victim was taken to hospital with serious, but non-life threatening injuries.

Lane said it's important for all drivers to remember that cyclists have just as much of a right to be on the road as cars, and even though many stick to the far right of a lane, uneven pavement can force cyclists further into the middle.

There's a one-metre space outlined in law that drivers must give cyclists, Lane said, but if you can give them more room "do so," and be patient.

From an infrastructure perspective, Lane said protected bike lanes have been proven "time and again" to be the safest option for both cyclists and also drivers, and it would be great to see more installed in Halifax.



You both have responsibilities to use the road safely and share the road.

Kelsey Lane

For more rural areas, like St. Margaret's Bay Road where the collision occurred, Lane said roads should be repaved with a shoulder to give bikers a safe space.

Lane said the HCC are sending regrets that this happened to the cyclist, and wish "a really safe recovery" for the victim.

Police did not identify the man, but a GoFundMe account has been set up for Tim Lane in relation to the collision.

Lane's wife, Stephanie, also posted about the incident on Facebook.

Stephanie's post asked anyone who went by the Nova Scotia Power buildings Monday



A cyclist drives on a bike lane along Rainnie Drive on Tuesday. JEFF HARPER/METRO

morning in that area between 6:30-7 a.m. to contact RCMP if they had any information, and share the post "so we can find the person who left my husband for dead on the side of the road."

This is the second serious cycling collision in Nova Scotia this summer, with the first claiming the life of a 30-year-old Halifax man who died after colliding with a pickup truck at the intersection of Ridge and Greenfield roads outside Wolfville.



Tim and Stephanie Lane. FACEBOOK

FUNDRAISING

Over \$1,000 has been raised to support the cyclist seriously hurt in a hit-and-run earlier this week.

A GoFundMe page titled Tim's Road to Recovery was set up on Tuesday in support of Tim Lane, who was hit by a truck and thrown from his bicycle on St. Margaret's Bay Road on Monday morning, the description said.

An update on the page Tuesday afternoon said Lane is still heavily sedated and on a ventilator. An attempt was made to take him off the machine, but he's not able to breathe on his own since his lungs and chest were "badly damaged."

Lane's spleen is recovering well, the update read, and "everything else is looking ok" in relation to the fractures to the left side of his face, chest and leg.

"He's a mess but will recover. Long road ahead," the page read.

Funds raised in the campaign will go towards supporting Lane, his wife Stephanie, and their three little boys aged 8, 5 and 3 for the living expenses he would normally provide as well as any extra expenses related to the recovery.

WEATHER

Tropical storm expected to miss province

A tropical storm may appear to be en route to Nova Scotia, but experts say it will eventually take a steep turn away from our shores.

On Tuesday, Tropical Storm Gaston was gaining steam in the eastern Atlantic off South America and on a northwest track with the prediction it would become a hurricane within the next couple of days, said Bob Robichaud of the Canadian Hurricane Centre.

"What the official track doesn't show, because it happens beyond as far as the track goes, what we're expecting is a sharp turn towards the

northeast and away from the Maritimes," Robichaud said.

It would be likely into next week that Gaston would swing closest to Nova Scotia before turning away, Robichaud said, but an area of high pressure to the north will "keep it away from us."

"We have kind of a high degree of confidence there that Gaston's going to stay away—but all the storms this time of year we keep a close eye on," Robichaud said.

Although Gaston won't bring any weather to the Halifax area, Robichaud said early next week, surf fans could see "some swell" along the



Tropical storm Gaston
AFP

Atlantic coast dependent on whether Gaston becomes a hurricane.

A second weather system,

Tropical Storm Fiona, is being monitored in the tropics but is not very organized and Nova Scotia shouldn't be "expecting a lot" from it, Robichaud said.

The third system of disturbed weather in the tropics could become Tropical Storm Hermine that might impact the southeast United States early next week, and Robichaud said meteorologists will have to see "what happens after that."

"The bottom line is the tropics area getting kind of busy as we're heading into ... the peak of hurricane season," Robichaud said.

HALEY RYAN/METRO

CYCLING

University Ave. bike lane to be installed

The long-planned bicycle lane on University Avenue in Halifax will soon be underway.

On Tuesday, the municipality said in a release that preparations for the installation of the bicycle lane on University from Robie to LeMarchant streets have begun with construction-related 'No Parking' signs being installed.

Over the next few days, crews will change signage, relocate parking and taxi locations, and prepare the

street for the installation of the bicycle lane, HRM said.

The new lane is part of a two-year pilot project in partnership with Dalhousie University.

Installation is expected to begin this Sunday.

Pedestrians and motorists are reminded to use caution in the area as work continues in the right-of-way over the next week.

There will also be changes to on-street parking controls in relation to this project.

METRO

SEXUAL ASSAULT

Preliminary inquiry for cabbie scheduled



Haley Ryan
Metro | Halifax

A Halifax taxi driver accused of sexually assaulting his passenger will appear for a preliminary inquiry this winter.

In Halifax provincial court on Tuesday, defence lawyer Luke Craggs appeared on behalf of 45-year-old Seyed Mirsaeid-Ghazi.

A Persian translator was requested by Craggs for the preliminary inquiry, as that is Mirsaeid-Ghazi's first language, the defence lawyer said.

The Crown told Judge Michael Sherar they expect to call one witness during the inquiry, and understand that Craggs plans to call four witnesses in total.

The preliminary inquiry was set to begin the morning of Dec. 20, and could continue at 1:30 p.m. on Dec. 22 if necessary.

Mirsaeid-Ghazi was arrested in April in relation to an alleged incident that happened around

11:30 p.m. on Oct. 23, 2015.

Halifax Regional Police have said a man driving a taxi in the area of Windsor and Allen streets picked up a 21-year-old female passenger he had driven on previous occasions. Police said the man touched the woman in a sexual manner without her consent before dropping her off at her destination in Halifax.

After his taxi licence was suspended when charges were laid, Mirsaeid-Ghazi asked to have his reinstated in a June 9 meeting of HRM's Appeals Standing Committee, but the appeal was denied.

14

Numbers from Halifax police show there have been 14 reports of sexual assaults involving cab drivers from 2012 to 2016, with five so far this year.

IN BRIEF

Police actions justified in prostitution case: Judge

A Sydney provincial court judge has rejected a defence argument that police use of undercover officers in a prostitution sting case was an abuse of process.

"The police actions were a legitimate response to a need to protect society's most marginalized and vulnerable members in focusing their attention on the men driving the demand," Judge Brian

Williston said in dismissing a claim by an accused that his charter rights were violated as a result of the investigation.

John Russell Mercer, 73, was charged with communicating for the purpose of obtaining sex. Through his defence lawyer, TJ McKeough, Mercer challenged the charge on the grounds that the investigation by Cape Breton Regional Police was an abuse of process. TC MEDIA



Halifax's Wood Avenue, where police said a man touched a girl in a sexual manner, is shown this week. JEFF HARPER/METRO

'A personal decision'

POLICE

Toddler's family no longer want alleged sex assault probed



Philip Croucher
Metro | Halifax

Police say the family of a toddler who was allegedly sexually assaulted in Halifax last week has decided to withdraw their complaint.

"This is hugely traumatic and

they are just digesting it. It's scary and overwhelming. It's a personal decision. They feel it's the best decision for the family," Halifax Regional Police spokesperson Const. Dianne Woodworth said Tuesday morning.

Police said the toddler's mother called them about half an hour after the 7:30 p.m. incident last Friday on Wood Avenue.

Woodworth said the girl, who is younger than four, had been outside playing with a group

of children and adults when a strange man led her behind a building.

Police said the man touched the girl in a sexual manner then left the area. He is described as a black man with a chubby nose and cheeks who was wearing a helmet and riding a bicycle.

The girl's mother went looking for her daughter after not seeing her in the courtyard area. Woodworth says the mother found her behind a building and

the girl told her what happened.

"If the victim/family doesn't wish to proceed, we respect the wishes of the family," said Woodworth.

Woodworth did note they would keep an eye out for the person allegedly involved, and in a clarification to media in a release later on Tuesday, a HRP statement said that "police have an obligation to continue to investigate this crime given there is a broader public safety issue."

"We're proceeding with our investigation and doing everything possible to identify the person responsible through follow-up investigative techniques."

Statement from Halifax Regional Police on Tuesday afternoon



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Hockey stars Nathan MacKinnon and Sidney Crosby pictured in their more typical on-ice attire — with the Colorado Avalanche and Pittsburgh Penguins respectively. GETTY IMAGES

The double-double act do it all again in the lunchtime rush

ALL-STAR SERVICE

MacKinnon and Crosby get their caffeine kicks



Philip Croucher
Metro | Halifax

The boys are back — and they're in their Timmies uniforms again.

Nathan MacKinnon posted a photo of him and Sidney Crosby in Tim Hortons uniforms on his Instagram account Tuesday afternoon with the cryptic message, "We're back..."

The post didn't indicate where they were, but don't

worry, news spreads fast in Halifax.

Yes, Sid and Nate showed up in uniform with cameras to a Tim Hortons on Barrington Street and reportedly placed a caffeine and sugar-filled order of 130 coffees, 85 iced coffees and 2,000 Timbits.

"A lot of people were really excited," said Tim Hortons

team member Carli Jennings. She said staff at the location weren't aware they were coming, they were just told to be dressed in full Tim Hortons attire.

"We figured something was up but we didn't know what it was happening," Jennings added.

Well, the hockey pair

showed up during the lunch hour, walked in with a couple of camera people, and left in a few minutes.

"A local celebrity is a local celebrity," said Jennings, who conceded she isn't much of a hockey fan, but was somewhat star-struck by their sudden arrival.

The pair had social media

abuzz last summer when they were spotted hanging out a Dartmouth location drive-thru window serving up double doubles and Bostom cream doughnuts.

Tim Hortons released a commercial later showing the two "drive-thru rookies" struggling to get coffees out to the customers.

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CORRECTIONS

Investigator troubled by use of force, health care in jail death

The disturbing death of a Cape Breton man who was pepper sprayed four times in the face in rapid succession raises concerns about both how guards restrain inmates and the quality of health care afterward, says Canada's correctional investigator.

Howard Sapers said in an interview his office is delving further into the circumstances surrounding the death of 33-year-old Matthew Hines after the release of a board of investigation report into his death last May following a struggle with guards at Dorchester Penitentiary in New Brunswick.

"When we took a look at the circumstances surrounding his death, it raised some concerns ... around the use of force and the medical response to his situation," said the federal watchdog, who has access to full, uncensored accounts of the deaths.

The report prepared for Correctional Service Canada says correctional officers used five blasts of pepper spray, including four administered to Hines' face just seconds apart at about 10:23 p.m. on May 26, after the 33-year-old inmate refused to

return to his cell.

The three-person panel says the use of force was inappropriate, noting that Hines was "under sufficient control of the staff" at the time of the repeated spraying.

The report also says that when Hines was taken to a shower to remove the pepper spray, he fell backwards while still handcuffed and with his shirt over his head. As an officer tried to remove Hines' shirt, the inmate said, "Please I'm begging you," and kicked with his right leg.

The report says Hines had a seizure at 10:29 p.m. and he was taken to the prison health wing where the nurse "appeared to have conducted no assessments (vital signs, neuro-vitals, oxygen saturation) nor provided any treatment." He was transported to hospital in Moncton and died just after midnight.

Sapers said he is still in the process of investigating, and his office hasn't yet decided whether to issue a public report once its work is complete. He also said he's awaiting a report on the cause of death from the New Brunswick coroner's office.

+ INQUEST

The province's Department of Public Safety said the coroner has yet to decide whether to order an inquest into the case that would examine its circumstances and make recommendations.

The details of the struggle with guards and the lack of medical attention has drawn sharp criticism from siblings who say they were initially given scant and inaccurate information about how their brother died.

"We were devastated when we read the report. What he went through, there was no need of it," said Helen MacLeod, Hines' sister. "You wouldn't treat anyone that way."

MacLeod said the family's anguish has been deepened by the hope they'd held out that Hines would receive treatment in the federal prison for drug addiction and undiagnosed mental-health issues.

THE CANADIAN PRESS



Premier Stephen McNeil JEFF HARPER/METRO FILE

Premier points to tourism numbers

POLITICS

McNeil talks up Yarmouth ferry as well as other victories

Regardless of negativity from the opposition, Premier Stephen McNeil says the Liberal government will continue to stay positive and work with Nova Scotians.

"Here's the contrast: We've been providing solutions to the problems that we know Nova Scotians have. The opposition party has been sitting here pointing out the obvious," McNeil said. "We know there are challenges, but what's your solution?"

With regard to the Yarmouth ferry, McNeil said, "The tourism numbers speak for themselves."

"Room nights are up 21 per cent in Yarmouth, they're up

across the Valley, they're up across the South Shore," McNeil said.

The premier said it's been a banner year for tourism, and in his view the Yarmouth ferry is an important part of that. He's been on board the vessel, and it's remarkable to see the amount of local product being sold.

McNeil said the "investment of the people" would be reduced over the coming years and we're seeing some positive signs of what is going to happen. If changes are required, the province will work with the operator to address them.

McNeil said the Tories don't support this Yarmouth ferry deal but would support another one. He wonders what the other deal is.

"The vessel is working despite the fact that people are doing everything they can to make sure it doesn't," McNeil said.

He said that, as they've been dealing with challenges and get-



We knew early on there would be an additional start-up cost to this, anybody does.

Premier Stephen McNeil

ting back on the road to fiscal health, the population has continued to grow and Nova Scotia retains more young people per capita than any other province. McNeil said they're making human investments while dealing with infrastructure challenges.

McNeil said they "tore down the walls" between health authorities across the province. There were nine authorities with nine different approaches to dealing with problems. There's now one single system that looks at the province holistically. TC MEDIA



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WINDSOR

Would-be Paddy's Pub location goes up for sale

Turns out Windsor won't be getting a Paddy's Pub, at least not yet.

A property on Cole Drive in Windsor, which was originally slated to be a large two-storey Paddy's Pub, featuring a banquet hall and space for brewing equipment, is now on the market for \$1.3 million.

Construction began in the summer of 2015 but had visibly stalled by 2016 as weeks

and months went by with little to no progress being done to the building.

The property has been listed on HomeLife City and Valley Realty.

The main structure remains under construction, with paper wrap covering the façade.

The Windsor Paddy's Pub location was slated to open in the spring of 2016.

The building was planned

to contain an 80-seat Paddy's Pub, 80-seat Rosie's Restaurant, a 15-barrel brewery and a 240-seat banquet hall, according to an interview with pub owner Brian FitzGerald in 2015.

The real-estate listing says the property will be of particular interest to "major breweries" and entrepreneurs who are seeking to enter the craft beer industry.

TC MEDIA

Nova Scotians left cheesed off as rodent population booms

PEST CONTROL

Experts say compost may be to blame for 20 per cent rise

If you believe ignorance is bliss when it comes to rodents, read no further.

Rats are a major problem across Nova Scotia.

Whether people want to accept it or not, the rat population in Nova Scotia has surged in the last couple of years, by as much as 20 per cent in some areas, and pest control companies say they're receiving a lot more calls than normal about the rodents.

Why are the pests increasing?

"It's really tough to say," said Nathan McCarthy of Rentokil Steritech Canada, a pest control company. "Mother Nature plays funny tricks sometimes."

He said this past winter wasn't the typical harsh winter, which usually takes its toll on the rat population, and the year before, heavy snowfall may have actually sheltered rodents from the cold allowing them to grow in numbers.

When a call comes in, McCarthy said he's usually told the rat is the size of a cat. But a lot of that has to do with rats puffing up their fur to look bigger and the length of their tail, he said.

Rats are commonly located



It's really tough to say. Mother Nature plays funny tricks sometimes.

Rentokil Steritech's Nathan McCarthy, on the reason for the increase in Nova Scotia rats

A rat runs through downtown Halifax in this file photo. JEFF HARPER/METRO

by waterways such as rivers or oceans, but they can be drawn into other areas where there's food.

Bird seed is something that Brian Betts of Ace Pest Control said is one of the biggest attractions for rats, and it's usually the first thing he asks about when he gets a call about the rodents. He said the rats eat the seed that falls to the ground

from feeders.

One way to prevent the feed from attracting them is to use suet feeders instead of loose seed, he said. If seed is used, he said, it's important to store the feed in a container that's metal to prevent the rats from chewing through and eating it. The same goes for other types of food that may appeal to rats, including grass seed.

Another major attraction for rats is compost and garbage.

McCarthy and Betts both recommend the use of hardware cloth around the bottom of bins to prevent rodents from chewing through plastic or wood.

"Chances are that's going to keep them out for a while," Betts said. TC MEDIA

+ FACEBOOK

We asked readers on Facebook: Are rats a problem where you live?

Calandra Danette Mansfield says: Oh yah. Seen about three dead ones in front of my door way this morning.

Joseph Kelly says: Having lived on north street in Halifax (which is now demolished for a parking lot) there was a huge rat/nice problem.

Nikki Conrod says: One got in my car and chewed a hole in the back seat and chewed the strap on my daughters car seat :(quite an expensive fix.

Nancy Smith says: Think it is a combination of factors — mild winters, construction, garbage all over the place.

Lindsey McDowell says: If we didn't cut down every tree we freaking see to make apartment buildings and giant stores, they would have a home to live in and not in ours

Aspasia Kanellakos says: Yup, even in Clayton Park they are running around.

Six quick rat facts

- The Norway rat is the most common species in Nova Scotia. They are light brown and measure between 12 inches and 18 inches including their tails, which make up about half that length.

- Rats have a lifespan of up to 18 months, although many die before reaching that age.

- Rats will reproduce about nine times in their lifetime with a litter of six to 14 babies born three to four weeks after each successful mating.

- The presence of rodents is easily detected by signs of chewing damage, fecal droppings or by squeaks, chirps or gnawing sounds coming from within walls and ceilings. In the case of rats, dark grease marks from their fur rubbing against something can be seen on frequently travelled runs.

- The fecal droppings of mice are six mm long (about the size of a grain of rice) with pointed ends, while rat droppings can be 19 mm long and oblong shaped.

- Rats and mice typically don't co-habitat an area.

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ONLINE

Ashley Madison violated law: Report



Haley Ritchie
Metro | Ottawa

Privacy investigators in Canada and Australia have found that security guarantees on adultery dating website Ashley Madison were insufficient and the business violated privacy laws in both countries.

A joint investigation conducted by the Office of the Privacy Commissioner of Canada and the Office of the Australian Information Commissioner noted that some security measures did exist, but the company "did not have an adequate overarching information security framework."

In August last year those security issues made international headlines when the Canadian company's website was hacked into by a group called "The Impact Team."

Millions of international names, emails and personal information were released in a massive data dump.

The report released by investi-

gators said that Ashley Madison knew that security was a "central part of the service" and reassured customers with security "awards" and statements on its front page.

The report found that the company had an obligation to provide a higher level of security if it was collecting personal information.

The privacy leak sparked fears in the capital, since Ashley Madison had previously claimed Ottawa had the most users across Canada. An analysis of the actual data revealed that claim was wrong.

Ottawa-specific emails did include 543 accounts registered with a "gc.ca" email. As well, 207 users signed up with University of Ottawa email addresses, while there are 106 from Carleton University and 77 from Algonquin College.

Ashley Madison's parent company, Ruby Corp. — formerly known as Avid Life Media — has said the cyber attack cost it about a quarter of its annual revenue.

WITH FILES FROM THE CANADIAN PRESS



Tima Kurdi, back second left, sits for a photograph with her brother Mohammad Kurdi, second right, and his wife Ghouson Dakouri, back centre, and their children, Heveen, back left, 16, Ranim, front left, 10, Sherwan, 1, seated hiding his face, Rezan, 8, and Shergo, far right, 15, at her home in Coquitlam, B.C. DARRYL DYCK/THE CANADIAN PRESS

Kurdis settling in

SYRIAN REFUGEES

New Canadians speak about their new life in the country

Shergo Kurdi lifts his shirt to reveal a pale, mottled patchwork of burn scars on his belly and chest — a legacy, he says, of years spent ironing fabric in a Turkish clothing factory after he and his family fled war-torn Syria in 2012.

Now, nine months after arriving in British Columbia with his parents and four siblings, the 15-year-old refugee is preparing to enter Grade 10 and wants to one day become a police officer.

"I like ... to help people," Shergo said, explaining that

he likes the idea of giving back.

Shergo and his siblings are the cousins of Alan Kurdi, the Syrian toddler whose lifeless body was photographed on the shores of a Mediterranean beach last September. The picture spread across the globe and jarred the world into responding to the Syrian refugee crisis.

In the wake of the photograph, the Canadian government committed to taking in tens of thousands of displaced Syrians, a pledge that paved the way for the Kurdi family's arrival in late December.

Speaking in broken English at his aunt's home in Coquitlam, B.C., Shergo talked about how difficult his job was in Istanbul. Shifts sometimes lasted as long as 24 hours, he said, and frequently he didn't get paid.

The teen used a metaphor to

It's like a flower: If he doesn't have water he will die. Come to Canada, he has water and opens up again.

15-year-old Shergo Kurdi

explain how his life has been affected by the move to British Columbia.

"It's like a flower: (If) he doesn't have water he (will) die. Come to Canada, he has water and opens up again," he said.

Shergo's sister, 16-year-old Heveen Kurdi, also spoke positively about her time in Canada, and of being reunited with her father, Mohammad Kurdi, who

spent nine months in Germany trying to get his family out of Turkey and missed the birth of his youngest child.

"The whole family (is) together again," Heveen said, smiling.

She explained that after finishing grade school she wants to study dentistry at university. She added that she'll provide free dental work for her family, which prompted her mother, Ghouson Dakouri, to grin and chime in with "Mom is first."

Still, Heveen said she thinks about her friends and family back in the Middle East every day.

Speaking through his sister, Mohammad said he feels happy and proud to see his kids like this.

"Seeing the kids, it's happy," said Tima. "He's happy."

THE CANADIAN PRESS

IN BRIEF

Ethics watchdog examines Philpott over car service

Ethics commissioner Mary Dawson is now examining whether Health Minister Jane Philpott violated the Conflict of Interest Act in her use of a high-end car service owned by a Liberal supporter. Dawson's probe, to be conducted in private, will focus on a section of the act pertaining to "preferential treatment."

It comes after Tory health critic Colin Carrie wrote to the commissioner over the revelation that Philpott paid a limousine company thousands for service over two days. THE CANADIAN PRESS

Popular Saint John mayor, MP dead at the age of 84

When Elsie Wayne called Saint John, N.B., "the greatest little city in the east," she made you believe it — and it was that unassailable love of her city that carried her to prominence during a 29-year career in Canadian politics. The former mayor and New Brunswick member of Parliament has died at the age of 84.

News of her passing on Tuesday morning prompted an outpouring of tributes and memories on social media from a wide cross-section of past and present politicians. THE CANADIAN PRESS

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Obama vows flood relief

LOUISIANA

President visited battered areas and consoled locals

Standing amid piles of waterlogged debris, President Barack Obama on Tuesday promised a sustained national effort to rebuild flood-ravaged southern Louisiana "even after the TV cameras leave" on a visit aimed in part at stemming campaign-season criticism that he's been slow to respond to the disaster.

As he toured a battered neighbourhood and spoke to local officials, Obama tried to buck up beleaguered residents of the water-soaked region.

"This is not a one-off, this is not a photo-op issue. I need all Americans to stay focused on this," he said. "I know how resilient the people of Louisiana are and I know that you will rebuild again."

Eleven years after Hurricane Katrina ravaged New Orleans, Obama's visit was a reminder of the political dangers and opportunities natural disasters pose for politicians. The president has been criticized for waiting until after he returned from his New England vacation to tour the Gulf Coast flooding. The timing, amid a heated presidential campaign, drew barbs from some local officials and Republicans political opponents, including GOP presidential candidate Donald Trump.

Trump visited Baton Rouge on Friday, enjoying a warm reception and allowing him to cast



U.S. President Barack Obama speaks with residents in a flood-affected area of Baton Rouge, La., on Tuesday. AFP/GETTY IMAGES

the president as golfing while Louisianans suffered.

"Too little too late," Mona Gaspard said of Obama's visit. The resident of Ascension Parish said she saw her home filled with four feet of water and resented what she saw from Obama. "I saw him play golf, not helping out over here, but he wasn't," she said.

Others welcomed Obama and the spotlight he brought.

"It means a lot to know you have that support from the highest level," said Chrisena Brown, as the president surveyed the piles of discarded mattresses, broken appliances and heaps of clothing that line the curbs

"This is not a one-off, this is not a photo-op issue. I need all Americans to stay focused on this."

U.S. President Barack Obama

of her street. The college administrator says she's staying with family while she cleans up, working late into the night in stifling humidity.

Going door to door and trailed by cameras, Obama offered sympathy to residents as they took a break from the cleanup.

"I wish I was coming at a better time," he told one resident, as he put his arm around her and walked into her home for

a brief tour. "But I'm glad to see everybody is safe, at least."

Obama is hardly new to the potent politics such moments. As a candidate in 2008, he was a sharp critic of President George W. Bush's response to Hurricane Katrina. And in 2012, the year of his re-election effort, he rushed to Louisiana to show solidarity with victims of Hurricane Isaac.

Now a president eyeing the end of his second term, Obama

was neither emotional nor particularly defensive in relaying his message to residents. He said flatly he doesn't "worry too much about politics" and that he is focused on improving the speed and efficiency of the federal response.

The White House said \$127 million in federal aid had been designated for temporary rental assistance, essential home repairs, and flood insurance payments. More than 115,000 people have registered for federal disaster aid, with the state saying \$20 million has been distributed to individuals so far. At least 40 state highways remained closed. THE ASSOCIATED PRESS

U.S. ELECTION

Trump's attacks called biased

Donald Trump and his Republican allies say Hillary Clinton is weak, lacks stamina and doesn't look presidential.

Intent on undermining his Democratic rival, Trump and GOP backers are increasingly relying on rhetoric that academics and even some Republican strategists say has an undeniable edge focused on gender. His criticism of Clinton goes beyond "Crooked Hillary," and complaints about her use of a private email server as secretary of state and her foreign policy decisions.

Clinton, Trump said in a speech last week, "lacks the mental and physical stamina to take on (Daesh) and all the many adversaries we face."

He has repeatedly called attention to Clinton's voice, saying listening to her gives him a headache. Last December, he mocked her wardrobe. "She puts on her pantsuit in the morning," he told a Las Vegas audience.

A frequent point of criticism: Clinton doesn't look like a typical president.

"Now you tell me she looks presidential, folks," he said recently. "I look presidential," he insisted. THE ASSOCIATED PRESS



Donald Trump ASSOCIATED PRESS

MARINE LIFE

Feds want to ban swimming with dolphins in Hawaii

Federal regulators are proposing to ban swimming with dolphins in Hawaii, a move that could imperil one of the Aloha State's most popular tourist delights and the industry that has sprung up around it.

The National Marine Fisheries Service says Hawaii's spinner dolphins — the nocturnal species that humans usually frolic with — are being deprived of rest during the day and becoming stressed out.

The agency was expected to announce the proposal Tuesday.

Swimming with dolphins is popular with visitors and some locals, with dozens of companies on Kauai, Oahu, Maui and the Big Island operating dolphin tours daily.

The proposed rule could shut



The National Marine Fisheries Service says spinner dolphins are being deprived of rest during the day. ISTOCK

down or greatly disrupt the industry as it now operates. That's because the ban would cover waters out to two nautical miles, which is where 98 per cent of Hawaii's spinner dolphins rest

after they've spent the night feeding. Tour companies take customers to these nearshore waters to find dolphins.

Ann Garrett, assistant regional administrator of the National Marine Fisheries Service's protected resources division for the Pacific Islands, said dolphins have been found to be burning calories at a higher rate because they are forced to be vigilant as people approach their pods.

"All of these things can contribute to a reduction of fitness over time — this kind of chronic level of stress. That's what we're concerned about," Garrett said.

The agency plans to hold public meetings on the proposal next month and expects to make a final decision on the regulations next year. THE ASSOCIATED PRESS

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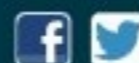
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Startups finding new ways to recycle waste

GREEN ECONOMY

Ventures made viable through recycling metal and resales

When corporations renovate their offices, they pay hundreds of thousands of dollars to junk old furniture and equipment — 85 per cent of which ends up in the landfill.

That's a waste, according to Richard Beaumont, CEO of Toronto-based Green Standards. The company finds new homes for old office furniture and equipment at non-profit organizations that welcome used phones and chairs with open arms.

Unlike many environmental organizations, Green Standards has found a way to turn "reduce, reuse, recycle" into a workable business model. It focuses on a "triple bottom



A growing number of businesses focus on a more sustainable economy — finding new uses for waste. TORSTAR NEWS SERVICE

line," meaning performance is measured by profit, as well as the social and environmental benefits produced.

The company was originally a non-profit operating out of the U.K., which donated old office furniture to organizations in Africa.

But when it almost collapsed, Beaumont realized a new approach was needed. The for-profit model added re-

sale, recycling valuable metals and a removal charge to make the premise scalable and cost-effective.

Green Standards is one of a small but growing number of Canadian businesses operating in the "circular economy," a system that aims for zero waste and no greenhouse gas emissions by using products to their potential.

TORSTAR NEWS SERVICE

+ COMPANIES

Biox of Hamilton, Ont., turns animal fat and vegetable oil waste into fuel.

Frogbox, a Dragon's Den venture, delivers reusable moving boxes and supplies to your doorstep and picks them up when you're done.

Enterra Feed takes organic waste from supermarkets and feeds it to black soldier fly larvae, which are then used to feed animals.

Waterfarmers Aquaponics harvests fish that help grow produce in a greenhouse. They raise tilapia and trout, the waste from which go into grow beds for plants like salad greens or bok choy.

MEDICAL MARIJUANA

Whoopi eyes Canada to sell pot products

Prime Minister Justin Trudeau's promise to legalize marijuana has grabbed the attention of many pot entrepreneurs — including Whoopi Goldberg, who's eyeing Canada as a potential market for her line of cannabis-infused menstrual pain products.

Goldberg's product line, which includes a THC tincture, a topical body rub, medicated bath salts and cannabis-infused cacao, is available only to medical marijuana patients in California.

But the American comedian and talk-show host said she'd like to change that.

"It's going to take a minute," Goldberg said Monday in an interview, noting that making the products available north of the border will require overcoming a number of regulatory hurdles.

"You have to go through lots of different conversations."

Goldberg founded Whoopi & Maya alongside Maya Elisabeth, a California-based creator of medical cannabis products and the founder of Om Edibles.

In addition to cannabis, many of the products contain



Whoopi Goldberg.
THE ASSOCIATED PRESS

herbs and other natural ingredients — such as elderberries, cramp bark and ginger — that promise to alleviate some of the pain and discomfort that women experience during menstruation.

Goldberg said she was propelled into action when she heard that other celebrities, including Snoop Dogg and Willie Nelson, were entering the cannabis business.

The actor said the product line has been a hit since its launch in April, including with women from outside California who have sampled it while visiting. THE CANADIAN PRESS



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PAUL WELLS ON WHAT THE CABINET TWEAKS SUGGEST



The most exhibitionist Canadian government in memory has released a new list of cabinet committees, and I can't shake the feeling that it means something.

In the bad old days of the Soviet Union, Western intelligence agencies used to grab at the tiniest details to figure out, in the absence of reliable information, who was up or down in Moscow. Seating orders on reviewing stands at May Day parades. The placement of articles in Pravda. Musical choices on state radio. Any scrap or tidbit.

One feels a bit ridiculous performing Kremlinology on the most exhibitionist Canadian federal government in memory. But Justin Trudeau released a new list of cabinet committees the other day, and I can't shake the feeling that it means something. So let's break out the calipers and magnifying glasses, and sift through the names for omens and portents of the Trudeau government's second year.

Cabinet committees meet frequently, some every week, to plan and organize the government's work. All government decisions filter up through the committee system. They matter. Trudeau and his advisors were flying nearly blind when they named the first committees. Most ministers had never been members of Parliament before. It was anyone's guess how they'd work together.

The new list leaves some committees almost unchanged, which suggests they're working fine. These

Cabinet committees meet frequently. All government decisions filter up through the committee system. They matter.

include the powerful Treasury Board, which scrutinizes big spending decisions, and the Diversity and Inclusion committee. Apparently Trudeau does not worry he's being insufficiently diverse and inclusive. The "Inclusive Growth" committee gets a new name — "Growing the Middle Class" — and a diet, shrinking from 15 ministers to a dozen.

Among the ex-members of the committee on growing the middle class is

to worry about this autumn.

I love this bit: The committee on Agenda and Results, the all-powerful "deliverology" group chaired by the PM itself, grows by one word. It's now the committee on Agenda, Results and Communications. It is never too soon for a government to start worrying that it is not getting its message out. Even this one. Expect more methodical bragging about results, or rationalization of setbacks, as the case

LeBlanc, a politico in the old style, is the committee's vice-chair, while his successor as government House leader, Bardish Chagger, is an ordinary member. Sad face.

Next: When Chagger replaced him as House leader last Friday, LeBlanc tweeted something opaque about looking forward to "additional responsibilities." Say hello to the new committee on Litigation Management, with LeBlanc as chairman.

This is the institutional admission of a timeless fact: all governments get sued a lot. This one does not expect to be spared, especially on issues related to reconciliation with First Nations. "Decisions on litigation matters often can't be left to lawyers," one senior Liberal told me. "Everything has important policy repercussions."

Finally, at Environment, a big move. Stéphane Dion, a former environment minister and Green Shifting Liberal Leader, is out as chair. Off the committee entirely. Replaced as chair by heritage minister Mélanie Joly, who was not previously known for her views on energy policy. It's all about who gets along well with others, and Dion, who had a hard time letting colleagues take any initiative on his pet file, has been sent packing.

Dion is not banished to Siberia, precisely. He shows up on the Defence Procurement committee, where his eye for detail may help avoid huge spending boondoggles. But his move suggests that in some ways, the real cabinet shuffle was hidden in these endless lists of names.

Paul Wells is a national politics columnist for the Toronto Star.



Prime Minister Justin Trudeau speaks to the media at the Liberal cabinet retreat in Sudbury, Ont., on Monday.

NATHAN DENETTE/THE CANADIAN PRESS

Chrystia Freeland, which is odd: She wrote an entire book on growing the middle class. The Trudeau gang used to parade her as a guarantor of their economic credibility. Upon reflection, the PM seems to have decided the trade minister is more about foreign policy than the economy: she also departs from the Environment and Energy committee, but moves up to co-chair of Canada in the World and Public Security (one committee, long name). And she remains as chair of the Canada-U.S. Relations committee, which has much

may be.

Biggest changes come last. First, there used to be a committee on Open and Transparent Government, and another on Parliamentary Affairs. They've merged. Now the Liberals' hopes for a happy-face democracy won't be considered in isolation from the grim realization that some stuff needs to get passed through a Parliament where optimism goes to die. Now the two sentiments will share a meeting room, and for hints about which sentiment has the upper hand, note that fisheries minister Dominic

ROSEMARY WESTWOOD

Stanford's response to rape: Endorse the rapist's rationalization

Good God, Stanford.

Apparently, it's not bad enough that the school's last name these days is "rape." It had to go ahead and align itself with the rapists.

On Monday, the university moved to "reduce the availability and accessibility of hard alcohol." The school is banning all large containers over 750 ml of hard alcohol, and banning it altogether from on-campus parties. The policy grew from president John Hennessy's request in March for student input on curbing alcohol use.

To be sure, a conversation around campus drinking culture is warranted. This policy, however, is about considerably more than that. It began a full year after Brock Turner, a student, was indicted for rape, sexual assault and attempted rape. It began in the midst of a media storm around the case, during the very month of the trial, which saw Turner convicted of three charges of felony sexual assault.

And this new alcohol policy has come out amid a campus terrain irrevocably changed. The Stanford rape victim's now famous letter to the court has galvanized an entire world over the injustice of sexual assault and, most particularly, Turner's insulting, insidious, arrogant and vicious excuse that, in effect, partying made him do it.

Let's have the victim speak again from that statement: "Again, you were not wrong

for drinking. Everyone around you was not sexually assaulting me. You were wrong for doing what nobody else was doing, which was pushing your erect dick in your pants against my naked, defenseless body concealed in a dark area."

Clearly, Stanford University disagrees. The booze policy, which can only be read as a measure to stem sexual violence, lets predators — and the university itself — off the hook by accepting the argument that alcohol is to blame.

In a tweet from Michele Dauber, a law professor at Stanford and the school's own worst critic: "Alcohol must be in bottle small enough so you can use it 'secretly' so @Stanford isn't blamed when you rape someone."

At one point, the alcohol policy even made the alcohol-as-rape defence explicit, in a section that has since been removed from the website. Titled "Alcohol affects both sexual intent and aggression," the section noted that women who drink are "perceived to be more sexually available," that men who are drinking feel more aroused by "rape scenarios" and that women should thus "take action to protect friends."

I have been drunk. I have been obliterated. I have blacked out. And I have never, ever sexually assaulted another person or wanted to. If men feel differently, the problem isn't with booze.

The problem is with men.

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TIFF artistic director Cameron Bailey on the controversy surrounding The Birth of a Nation star Nate Parker. In 1999, a rape allegation was made against Parker. He was acquitted.

Meet the chef without borders

INTERVIEW

Bashir Munye uses Somalia, Italy in his nomadic dishes

Karon Liu
 Torstar News Service

To be hung up on the idea of authenticity or what ingredients or cooking techniques should be allowed in certain cuisines means missing out on chef Bashir Munye's feasts of buttermilk chicken livers with baharat, saffron-honey peach almond cake, and thick-cut chickpea fries with spicy harissa dip.

If there's one person who encapsulates Toronto's multicultural food scene, this is the guy.

"The food is authentic to me as Bashir who was born in Somalia, raised in Italy, married a woman from Barbados and lived in Toronto for 21 years," says the chef and owner of My Little Dumplings in Leslieville. "Food is a celebration of where I've been and where I want to be, not about creating boundaries just so I could be defined."

Munye's customers normally know him as the guy at the Evergreen Brick Works farmers market serving steamed baos and dumplings filled with global flavours including jerk chicken, sweet chili beef and falafel batter made from ground edamame. Earlier this year he opened a bricks-and-mortar location at Queen St. E. and Greenwood Ave. and now he's gearing up to do a dinner series on Fridays and Saturdays that celebrates what he calls "nomadic cooking" — food that explores Africa's vast culinary regions mixed with his family's Somali background, Italian upbringing and local ingredients.

"Food for me is always fluid as people travel and migrate throughout history," he says. "Somali food is a melting pot because of its geographical location. It's on the coastline so there's influences from India, European colonialism, and the original Bantus people."

"As a Somali person, our history and culture are nomadic by nature," he says. "Chefs are nomadic as well, going from



Little Dumplings owner Bashir Munye is doing a private dinner series showcasing Moor cuisine (Muslims from North Africa, Iberia and Malta during the Middle Ages). TORSTAR NEWS SERVICE

kitchen to kitchen, learning and growing. I'm taking this philosophy of a long journey."

At a trial dinner for his yet-to-be-named dinner series, Munye billed the night as a "Moorish Supper." The Moors are Muslim people from the North African and Mediterranean region during the Middle Ages. About 20 of us are sitting without our shoes in a circle on the floor in Munye's little restaurant, which tonight is lined with woven carpets and

pillows the chef borrowed from his aunts. His son is helping out in the kitchen along with Munye's fellow chef Damon Clements.

His cousins are playing hostesses for the evening, bringing plates of fermented carrots, mushroom conserva with artichokes and marinated beef tongue with fresh herbs.

Giant bowls of tomato-garlicky okra with preserved lemon and smoky sumac-spiced eggplant complement the



show-stopping main of juicy roasted lamb saddle stuffed with aromatic basmati rice, pine nuts, pistachios and currents. These are the timeless, belly-warming and comforting flavours you'd expect from a grandmother who spent all day in the kitchen.

In addition wanting to make diners come back for more of his food, Munye's goal is to get aspiring black cooks to be proud of their culinary heritage, especially when much of

today's western food culture is still heavily skewed toward a European palate (ie: how many non-white chefs do you see on TV and magazines?).

Eden Hagos, founder of the Toronto-based Black Foodie blog, which showcases African, Caribbean and southern American cuisine, hopes Munye's cooking will change people's perceptions of African cooking, that within each country there are regional variations and that there's a world beyond



Food for me is always fluid as people travel and migrate throughout history
 Chef Bashir Munye

the Ethiopian restaurants in downtown Toronto.

"I think when a lot of people think of African food, they think of Ethiopian food. As an Ethiopian person, I love that (these restaurants are) serving different audiences but there's amazing West African food, and people from other parts of East Africa like Bashir playing with flavours and changing peoples' perceptions," she says.

Despite a long culinary history and a wealth of talent in the city, Hagos says African and Caribbean cooking have largely been pigeonholed as takeout and mostly written from a Eurocentric perspective in mainstream food culture. Nonetheless he is happy to see that more of its chefs, restaurants, and food events are now in the long overdue spotlight.

"He doesn't fit into one box and I'm glad he has that attitude," says Hagos.

"I think he represents a lot of the diaspora here. My dad also lived in Italy and we make lasagna with berbere and baharat in it. We grew up with that and we're not a monolith culture."

Munye's dumpling shop will remain open during regular business during the week, while his dinners will take place on Friday and Saturday evenings at the restaurant. Each night a single seating, where everyone sits on the floor and enjoys communal dining at \$80 per person. The first dinner Sept. 1 is already sold out, but Munye says the dinners will be happening regularly beginning Sept. 9.

"I'm comfortable in my own skin. I don't have to think about boundaries or ask permission about what people want," says Munye.

"I cook what I love to cook and what my friends and family ate. This is an extension of who I am."



This Thai Green Pork Curry has a fairly thin sauce, so you'll want lots of rice to soak it up. THE ASSOCIATED PRESS

Fill your kitchen with the scent of Thai curry

RECIPE

This quick dish makes a perfect midweek meal

The scent of Thai curry cooking is very possibly one of the greatest kitchen smells ever.

Ingredients like lemongrass, chilies, garlic, ginger, coconut milk, and spices like coriander and cumin all mingle together to create a heady perfume that pulls people to the table.

There are as many versions of Thai curry as there are provinces of the country — perhaps as many as there are Thai cooks. Thailand is at the centre of Southeast Asia, and its cooking has influenced and been influenced by the cuisines of many countries, from India to China.

While making your own curry paste is an interesting and rewarding experience, opening a jar of Thai

curry paste is by far the easiest solution for a weeknight dinner. It's available in the Asian section of supermarkets, and online.

Fish sauce is a traditional ingredient in Thai and other Southeast Asian cuisines. It is made from fermented anchovies or other seafood, and has a pungent smell, but when a small amount is employed in a recipe it adds a bracing, salty flavour that calls your taste buds to attention.

If you like Thai food, you probably like fish sauce. Start with a small amount, and add more from there.

The sauce of this curry is fairly thin.

If you want a thicker sauce, stir a couple of teaspoons of cornstarch into 2 tablespoons of water and add with the coconut milk. Either way, you'll want to serve it with plenty of rice to soak up the delicious liquid.

Thai Green Pork Curry

Cooking time: 30 mins

Servings: 6

Ingredients:

- 1 tablespoon unsalted butter
- 1 tablespoon vegetable or peanut oil
- 1 onion, halved and thinly sliced
- 2 garlic cloves, minced
- 3 tablespoons Thai green curry paste
- 1 tablespoon minced fresh ginger
- 1 red bell pepper, slivered
- 1 1/2 cups chicken broth
- 1 (15-ounce) can coconut milk
- 1 tablespoon fish sauce or soy sauce
- 2 cups small cauliflower florets
- 4 cups cubed pork loin
- 1 (15-ounce) can chickpeas, rinsed and drained
- 3/4 cup slivered fresh basil leaves
- 1 tablespoon fresh lime juice
- 6 cups hot cooked white or jasmine rice to serve
- Lime wedges to serve

Directions:

1. In a large pot over medium high heat, melt the butter with the oil. Add the onion and garlic and saute until tender, about 4 minutes. Add the curry paste and ginger and stir until you can smell the spices. Stir in the bell pepper, then add the broth and coconut milk and bring to a gentle simmer (do not let the mixture boil or it might separate or curdle).

2. Add the fish sauce or soy sauce, and the cauliflower. Simmer for 5 minutes, until the cauliflower starts to become tender. Add the pork and the chickpeas and simmer, stirring occasionally, for 7 to 10 minutes, until the pork is cooked and the cauliflower is tender. Stir in the basil and lime juice and serve over the hot rice, with the lime wedges on the side to squeeze over.

THE ASSOCIATED PRESS



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HERE'S WHY

Equivalent to a Sour Cream & Onion Pringles Snack Stack in sodium

It seems like we're always looking for healthier packaged snack options that are an alternative to chips. While these baked Snappea Crisps are healthier than potato chips, the second ingredient includes three varieties of oil and salt to boot. No need! Vegetables are "nature's candy" and we should eat them as is, either raw or cooked simply.



LIQUID ASSETS

A French wine that puts fruit first

Peter Rockwell
For Metro Canada



Well before Donald Trump started preaching a love of masonry, French winemakers were building their own wall: one that has successfully blocked average wine drinkers from accessing their wines.

Stodgy labels, complicated regulations and perceived high prices (relative to the wines from just about anywhere else) have all acted as mortar for the barricade.

Though wine from France's prestigious Bordeaux and Burgundy regions have suffered the most from consumer disinterest, winemakers in the

southern regions of the country are starting to make inroads with their fruit-forward juice and rules that allow them to put grape names on their front panels.

Corbières, a red heavy sub-region of the massive Languedoc-Roussillon, requires its wines be made with at least two grapes. Gérard Bertrand's 2013 Terroir Corbières (\$16.95-\$19.99) uses three: Grenache, Syrah and Mourvèdre. Rich, ripe and layered with plump black fruit, it will help break down the barrier between you and all that French wines have to offer.



Cruze is safe, but you won't be sorry



REVIEW

This compact is not exciting, but it is cheap and dependable



Craig Cole
AutoGuide.com

Sallying forth into the heart of the compact-car segment is the all-new 2016 Chevrolet Cruze.

This unexpectedly reserved offering is set to battle popular options like the Honda Civic, Toyota Corolla and Ford Focus, bringing a multitude of wholesome attributes to the fray.

It seems like GM's product planners have aggressively played to the segment's base by designing a car with loads of interior space, a roomy trunk, refined interior and seriously little excitement. The Cruze plays it safe in a segment that's often dominated by stuffy traditionalism.

But just because it isn't the most exciting compact model on the market doesn't mean it totally lacks any upsides. This Chevy offers a gigantic trunk measuring up to 0.42 cubic metres. The frosting on this cake of convenience is that said volume is easily accessed through a large opening with a low lift-over height.

The Cruze's aft accommodations are unexpectedly spacious in all three dimensions, though a touch more headroom would be appreciated. Another boast-worthy feature, its rear backrests fold nearly flat for even more storage space.

The 2016 Cruze is larger yet

simultaneously lighter than its predecessor; it's also more efficient to boot. Enabling all of this, the car has gone on a massive diet, losing up to 115 kilograms with this redesign, which is, frankly, astounding for a compact car because there just isn't that much there to begin with.

Tucked beneath its short hood is a muscular little motor that pulls like a much larger engine.

Two gearboxes are offered in the new Cruze, each with six gears. Our tester was graced with the automatic, but a manual is also on the menu. This self-shifter keeps the EcoTec four-banger in the meaty portion of its powerband and helps deliver impressive fuel economy.

Inside, this car's cockpit is a mostly pleasant place. It's constructed almost exclusively of hard plastic, which is not an issue in this case because it's handsomely textured. Think of it as ground round that tastes like sirloin steak. Fabric trim on the dashboard also adds a touch of class.

Our test car was equipped with Chevy's optional MyLink infotainment system, which comes with a screen mounted front and center on the dashboard. Bluetooth is included for hands-free calling, as is a nine-speaker Bose sound system.

The highlight of its entire driving experience is the engine. It's torquey, pulling with unexpected authority until about 5,000 rpm, where its enthusiasm tapers off until the transmission grabs the next gear. This 1.4-litre turbo is also very well isolated, with commendable smoothness and little harshness, though the transmission could be smoother.

THE CHECKLIST | 2016 CHEVROLET CRUZE

THE BASICS

Engine: 1.4-litre turbo-charged four-cylinder
Power: 153 hp, 24.7 kg/M of torque
Transmission: Six-speed automatic
Fuel Economy (L/100 km): 7.8 city, 5.6 highway, 6.8 combined
Price: Starts at \$15,995, tops out at \$23,895



LOVE IT

- Spacious back seat and trunk
- Impressive fuel efficiency
- Refined, torquey engine
- Intuitive infotainment

LEAVE IT

- Whiffs of pinched pennies
- Feather-light steering
- Odd styling

TLC

The maintenance behind the million-mile man



Craig Cole
AutoGuide.com

A couple months ago, one proud Toyota owner pushed his 2007 Tundra pickup past the million-mile mark, a distance many motorists would be hard pressed to clock in a lifetime of driving.

But Victor Sheppard is no ordinary guy. He hauls parts for the oil industry, keeping its heavy-duty equipment humming and hydrocarbons flowing. Over the past nine years, he's

routinely made cross-country treks from his home in Louisiana to deliver desperately needed components all across America. In fact, he averaged around 125,000 miles each year in the saddle of his Toyota.

Getting any vehicle to roll this many miles is quite a feat, but an up-close look at his Tundra reveals that it has held up amazingly well since it rolled off the line at Toyota's San Antonio, Texas, factory nearly a decade ago. Where it's not dented or scratched from years of hard service, the paint is still shiny,

body rust is minimal and even the driver's seat, a touchpoint that receives a ton of abuse, barely shows any wear or soil despite never benefitting from the protection of a cover. Aside from the steering wheel, which is worn around the rim, and a few scuffs on the interior door panels, everything looks practically new.

On top of all this, the truck in question still has its original engine and transmission. A quick twist of the key is all it takes to fire up its 4.7-litre V8, which idles more smoothly

and quietly than some brand new vehicles. Switched on, the odometer reads 999,999; apparently, they stop after six digits, but this is hardly an issue since the vast majority of customers never clock so many miles.

Obviously, it takes a fair bit of upkeep to make a vehicle go this distance, and Sheppard was religious in keeping on top of required maintenance, bringing his truck in for 117 oil changes over the course of that million miles.

Another important aspect of this feat is where that work

was performed. According to Mike Sweers, chief engineer of the Toyota Tundra and Tacoma pickups, "The dealership's done all the service." Taking your vehicle to a place that knows it best may cost a little more than going to the corner lube shop, but as shown here, it can be a sound long-term investment.

To help celebrate his achievement, Toyota gave Sheppard a brand-new 2016 Tundra in exchange for his million-miler, which will be carefully dissected to see how it's really held up over the years.



Toyota gave Victor Sheppard a brand-new 2016 Tundra.
TOYOTA



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"I was just asking a girl on a date": Raiders tight end Colton Underwood who asked out — and got a yes from — Aly Raisman through online video

A hero's welcome

OLYMPICS

Adoring fans greet athletes returning from Brazil

Two planeloads of Canadian Olympians returned home from Rio to a hero's welcome, as flag-waving fans clamoured for autographs and cheering family members offered up homecoming hugs.

Several members of Team Canada, including star swimmer Penny Oleksiak, landed at Toronto's Pearson International Airport around 6 a.m., with another group of athletes scheduled to arrive at around the same time Wednesday.

When the flights arrived, airport firefighters saluted the returning athletes with giant arcs of water on either side of the airplanes.

Loud cheers went up as the Olympians came through the arrivals gate, some stopping to talk to media, others heading straight to waiting family members.

Soccer player Ashley Lawrence's parents donned Team Canada shirts to welcome their daughter. The pair said they are looking forward to figuring out where to display the midfielder's bronze medal.

Lawrence's teammate, Jessie Fleming, said she was proud of their performance.

"We all had a good tournament and we definitely deserved to bring this home," Fleming said, holding her medal.



Penny Oleksiak, winner of four medals in Rio, speaks to media and signs autographs at Toronto's Pearson International Airport on Tuesday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Most of the buzz focused on 16-year-old Oleksiak, who won four swimming medals at the Rio Games, including Canada's first gold.

"I didn't expect any of this," said Oleksiak, who was Canada's flag-bearer at the closing ceremonies. "I just want to say thank you to everyone (who cheered for me)."

Residents in Oleksiak's east-end Toronto neighbourhood known as The Beach are planning a celebration for her return, tentatively planned for Sunday.

Several of the returning athletes expressed gratitude for the support and encouragement they received from Canadians throughout the Games.

Long after most athletes had left the arrivals gate, gold medal-winning trampolining gymnast Rosie MacLennan stayed to sign autographs and take selfies with fans.

MacLennan, who carried Canada's flag at Rio's opening ceremonies, said making time for fans helps get them engaged in

the Olympic process.

"It's a chance to share the experience with the people who supported us along the way," she said.

Teenage soccer fans Claire and Gillian Kilgour found out about the Olympic homecoming at midnight and got up at 4 a.m. to come to the airport with their father.

Three hours later, the 16-year-old twins were rewarded with an autograph from Kadeisha Buchanan, one of the bronze medal-winning women's soccer players.

The sisters stress they support the whole team, however.

"We don't have a favourite player," Gillian Kilgour said. "We like everybody." THE CANADIAN PRESS

11%
CBC's English coverage of the Rio Olympics averaged 1.271 million viewers, an 11 per cent increase over the London Games. Ratings peaked at 7.2 million for the men's 200-metre sprint final.

LAWSUIT

Woman claims Blue Jay gave her STDs

A New York woman is suing Edwin Encarnacion, alleging the Toronto Blue Jays slugger knowingly infected her with two sexually transmitted diseases.

Ashley Lebron, 24, filed the lawsuit in a New York court on Monday. She says in a statement of claim she contracted genital herpes and chlamydia after having unprotected sex with Encarnacion in February. She's seeking \$11.5 million US in damages.

The documents contain allegations that have not proven in court.

Encarnacion hasn't spoken publicly about the lawsuit for battery.

His agent, Paul Kinzer, didn't immediately return a telephone message Tuesday but in a statement released to Fox Sports

and Sportsnet called the claim "completely inappropriate and meritless."

Kinzer added Encarnacion "will take every legal measure to defend himself against this frivolous claim and will bring appropriate claims in the appropriate forums against all of the individuals seeking to exploit his financial position."

THE ASSOCIATED PRESS



Edwin Encarnacion
GETTY IMAGES

Go to metronews.ca for coverage of Tuesday night's Jays-Angels game

HOCKEY IN BRIEF

NHL, players still on fence over playing in Olympics

The NHL and NHL Players' Association continues to weigh the pros and cons of returning to the Winter Olympics in 2018.

A new wrinkle in advance of the next Games centres around out-of-pocket payments the International Olympic Committee and International Ice Hockey Federation have covered, a practice the IOC has suggested stopping under president Thomas Bach.

THE CANADIAN PRESS

Benn a no-go for Canada

Team Canada won't have Jamie Benn for the World Cup after all.

Hockey Canada announced Tuesday morning that the Dallas Stars forward, who is still recovering from an injury, would be replaced by San Jose Sharks forward Logan Couture on the Canadian squad next month.

The 27-year-old Benn underwent surgery to repair a core muscle injury on July 14.

THE CANADIAN PRESS

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Scissors slow down Brady

NFL

Pats QB ready for action after 'silly accident'

Tom Brady is ready to play after cutting his right thumb with scissors in a "silly accident" before the Patriots' pre-season game against the Bears last week.

Brady said Tuesday he missed the first two practices this week for personal reasons, but that he's available and ready to play when New England visits Carolina on Friday.

The 39-year-old quarterback has yet to appear in a game this

pre-season. He's got two more games before the start of an NFL-issued four-game regular-season suspension for his role in "Deflategate."

He hasn't missed a regular-season start since 2008, when he suffered a torn ACL in his left knee during the season opener.

Brady said the accident with the scissors occurred when he was trying to get something out of his cleat. The scissors slipped and cut his thumb, causing him to "let out probably a pretty loud word I wouldn't repeat in front of my kids."

"I'm glad it wasn't the regular season and I learned from it, so hopefully won't be operating any



Tom Brady
GETTY IMAGES

more scissors for a while," Brady said.

Brady said he wanted to play against Chicago, but coach Bill Belichick made the decision he'd sit out.

It was a decision the former MVP agreed with.

"It took a few days (to heal)," Brady said. "I wanted to go and coach said it's probably best if you — for what I was going to go out and do — just take it easy. So that's what I ended up doing. I wish I could have played. I've been missing playing. I want to get out there with my teammates."

Belichick has said previously that Jimmy Garoppolo will start while Brady's out, with Brady returning to the starting role once his suspension ends prior to New England's game at Cleveland on Oct. 9.

Asked if he expected to play Brady this week after being out the first two preseason games, Belichick said the priority remains getting Garoppolo ready.

"All three quarterbacks are extremely important. Jimmy's preparation for the Arizona opener is the most important," Belichick said. "Nothing's changed, and nothing's gonna change. That's the way it's gonna be."

THE ASSOCIATED PRESS



LITTLE LEAGUE WORLD SERIES MEXICO OUSTS CANADA

Mexico's Jose Angel Leal celebrates with teammates after hitting a two-run home run off Canada's Stefano Dal Sasso in the Little League World Series on Tuesday in South Williamsport, Pa. Canada was eliminated with a 7-1 loss.

GENE J. PUSKAR/THE ASSOCIATED PRESS

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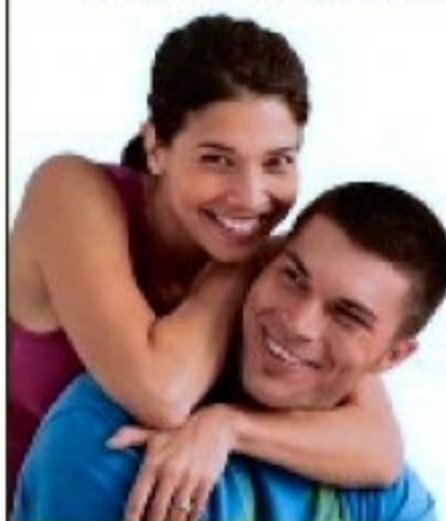
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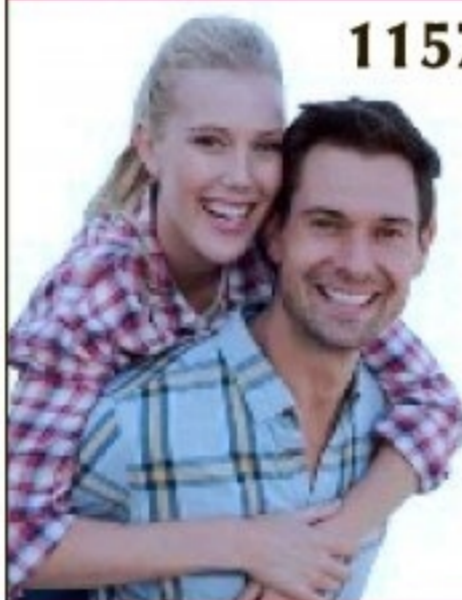
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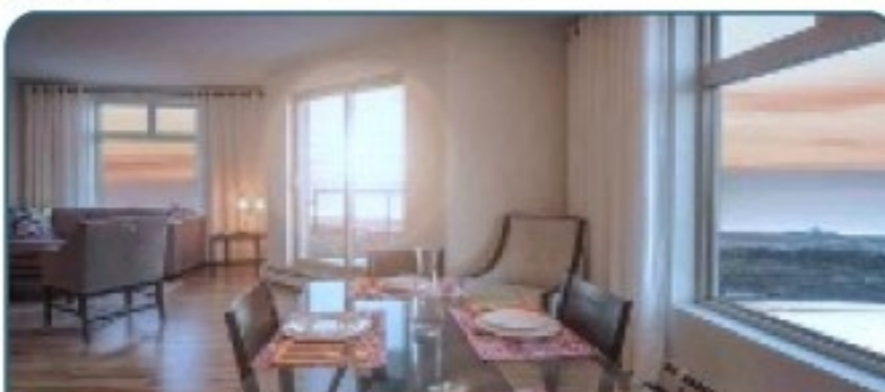
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RECIPE One-Pot Sweet Potato and Arugula Pasta



PHOTO: MAYA VISNAYE

Ceri Marsh & Laura Keogh
For Metro Canada

One-pot pasta meals pile ingredients together for dinner brilliance. We've paired the antioxidant power of sweet potato with peppery arugula but feel free to add other diced small veggies for quick cooking.

Ready in 30 minutes

Prep time: 10 minutes
Cook time: 20 minutes
Serves 4 to 6

Ingredients

- 450 grams penne pasta
- 8 cups baby arugula
- 1 sweet potato, diced into small cubes (to ensure they cook)
- 4 garlic cloves, cut in thin slices
- 1 shallot, cut into thin slices
- 1 sprig of rosemary
- 3 Tbsp of olive oil, plus 1 for garnish

Directions

- 1 Tbsp salt
- 6 cups water
- 1/2 cup grated Asiago or Parmesan cheese
- salt and pepper

Directions

1. Combine penne, arugula, sweet potato cubes, garlic, shallot, rosemary, 2 tablespoons oil, salt and water in a stock pot. Bring to boil over high heat. Boil mixture, stirring pasta frequently, until pasta is cooked al dente and water is nearly evaporated, 10 minutes.

2. Remove pot from heat and take out rosemary stem. Stir in last tablespoon of oil, cheese and season with salt and pepper to taste. Portion into bowls and serve with another sprinkle of cheese.

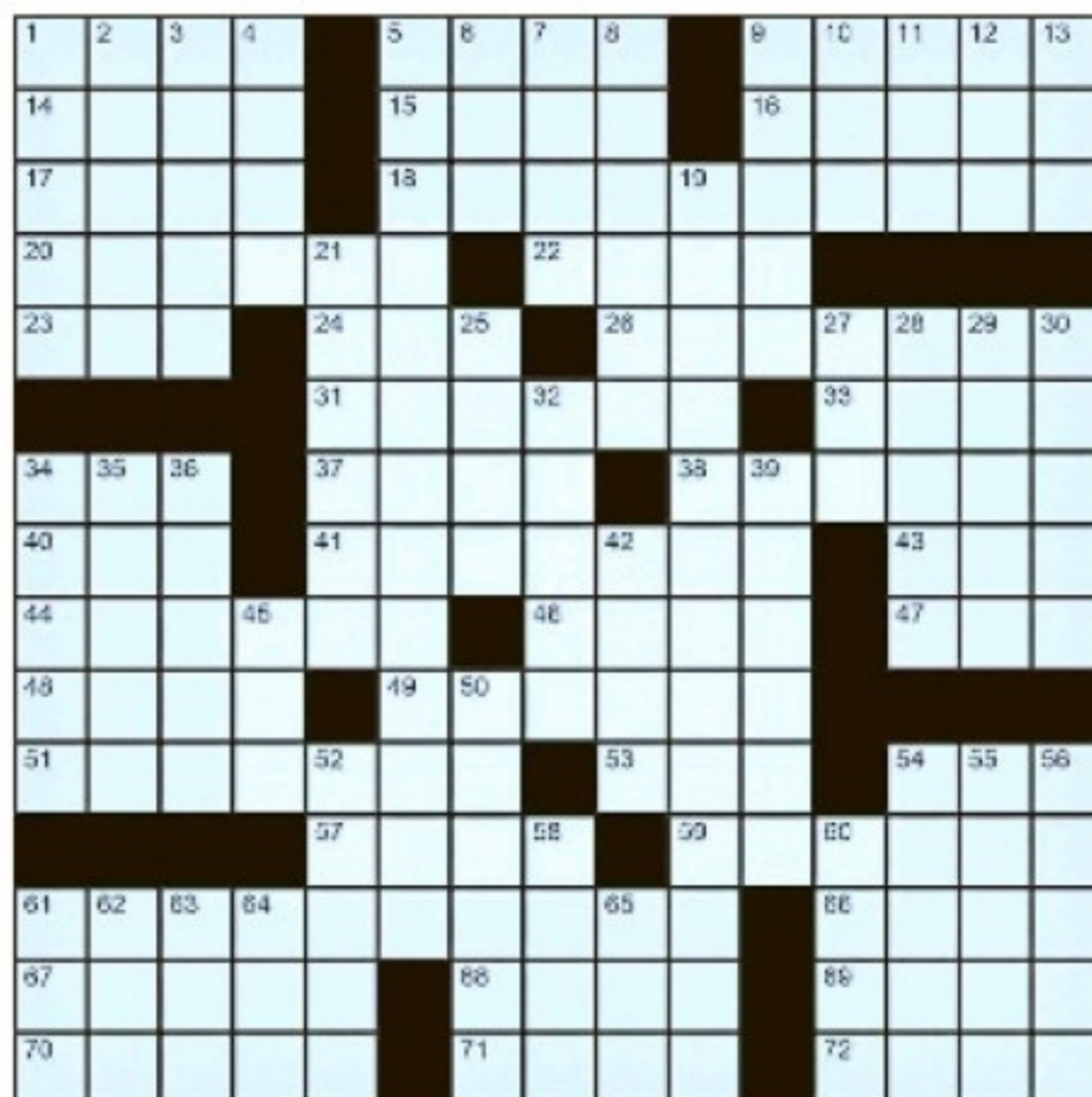
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BY KELLY ANN BUCHANAN

ACROSS

- Angelina's husband
- Fish's temptation
- Techie special occasion delivery
- The Kinks song
- Besides
- Count __ and His Orchestra
- Illegally aid
- Bawling out
- Run off the track
- Unaltered
- 'Smart' suffix (Most intelligent)
- Bird beak
- Softer/kinder
- Grogginess
- First-rate
- Wager
- Stagnate
- Types in the data
- Tic-Tac-Toe losing row
- Spicy sauce sort
- Become
- Resort spot in Mexico
- Gab
- I Am Woman songstress ...her initials-sharers
- Nero's 902
- Canadian actor Henry
- Fugitive
- Gothenburg's li'l country
- Ms. Vardalos
- Russian city
- The __ (2001), haunting Nicole Kidman film
- Think, think,



think...

- Vivid fish
- Bandleader, Xavier __
- Italy: Mount __
- Mr. Berkus (Home decorator)
- Judges
- Horse coat style

72. Oakville, ON: __ Abbey Golf Club

DOWN

- __ Runner (1982)
- Royal garbs
- On the ball
- Spreadsheet info

- Veronica Tennant, Karen Kain and Evelyn Hart: 2 wds.
- Miss. bordering state
- Belief systems
- Trinidad and __
- Buddy of Barnaby Jones
- Purina chowder

- (Now and Then There's) A Fool Such __ by Elvis
- Tin Tin's lead-in
- MBA, for one
- The Guess Who chart-topper: 2 wds.
- LASIK, Laser-assisted __, Kera-

- tomileusis
- Lamp need
- Water source
- Lake, in Ireland
- Website's welcoming word
- Puts one's feet up
- War protester's dream
- Bowling of Italy
- Studied-for things
- Music chord type
- Wait...: 2 wds.
- Stock units [abbr.]
- The Company, commonly
- Kitchen gadget for citrus fruits
- Bridges: French
- Himalayas land
- Furious
- Washed-out
- Stringed instrument of Japan
- __ Kong
- A-E link
- Ms. McClanahan
- Maturate
- Music star, will, __
- Genetic letters

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Plans will be challenging today. Prepare for this and cope as best you can. Similarly, situations with publishing, the media, medicine and the law are tough.

Taurus April 21 - May 21
Disputes about shared property and inheritances will not be easy today. You will be stopped by obstacles. Just do what you can.

Gemini May 22 - June 21
Relations with partners and close friends are difficult because someone will oppose you today. Be prepared to accept this instead of making matters worse.

Cancer June 22 - July 23
Issues that are work-related are tough today. No matter what you do, you will meet with obstacles from others. Just cope as best you can.

Leo July 24 - Aug. 23
Children will be an increased responsibility today. Naturally, this goes with the territory. Sigh, it happens.

Virgo Aug. 24 - Sept. 23
Difficulties with family members will be challenging today because someone will oppose you. It might be wise to wait for another day to push your agenda.

Libra Sept. 24 - Oct. 23
Allow extra time today, because as this day unfolds, you will meet with delays, obstacles and minor difficulties.

Scorpio Oct. 24 - Nov. 22
Disputes about money or possessions are likely today. However, it will be difficult to reach an agreement. Why not postpone these talks for another day, when everyone is more co-operative?

Sagittarius Nov. 23 - Dec. 21
You will meet with opposition from someone. Don't give up. Just look for a new way around things, because there are many ways to do something. Be resourceful!

Capricorn Dec. 22 - Jan. 20
Something secretive might throw a wrench in your plans today. Go slowly to see if you can work things out. You don't have to solve this problem today.

Aquarius Jan. 21 - Feb. 19
Someone in a position of authority might block your efforts to lead a group or make suggestions. Sometimes you can't fight city hall. Accept what you can and cannot do.

Pisces Feb. 20 - March 20
It will be tough to get the approval of your boss or someone in power. Best to wait for another day so that you can steer things the way you want them to go.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	4	9	3	1		5		

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